



BREASTFEEDING WOMEN

For Women Who Breastfeed

CARROTS

CAN BUY — any brand

- Pre-packaged ONLY, fresh, large, whole

CANNOT BUY ☹

- Canned, shredded, frozen, or baby carrots
- Bulk (not packaged)

TUNA

CAN BUY — any brand, 6 oz. cans

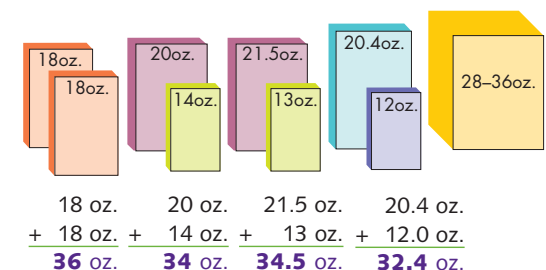
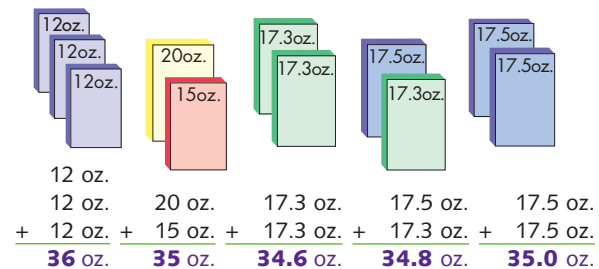
- Chunk light water-packed
- Dietetic tuna
- Low-sodium tuna

CANNOT BUY ☹

- Solid white or Albacore tuna
- Tuna with soy protein added
- Oil-packed tuna
- Prime fillet

Ways to Buy up to 36 oz. of Cereal

You may combine cereals up to a total of 36 ounces per FI.



CEREALS FOR WOMEN

CAN BUY

box or bags - 12 oz. package or larger

General Mills

- Cheerios (plain)

Kellogg's

- Corn Flakes (plain)
- Frosted Mini-Wheats (Big Bite or Bite Size)

Malt-o-Meal

- Malt-o-Meal Original (plain)
18 oz., 28 oz., or 36 oz.

Post

- Honey Bunches of Oats (Honey Roasted)
- Premium Bran Flakes

Quaker

- Life (plain)
- Oatmeal Squares (blue box)

Store Brands

(see list of authorized labels)

- Crisp(y) Rice
- Instant Oatmeal (Regular unflavored, in 11.8 oz. or 12 oz. box of individual serving packets.)

CANNOT BUY ☹

- Individual servings packets, except for store brand Instant Oatmeal
- Packages smaller than 12 oz., except for store brand Instant Oatmeal
- Honey-frosted, cinnamon, or fruit flavored
- Cereals with chocolate, fruit, nuts, or marshmallows fruit flavors
- Brands or labels not specifically listed on WIC Authorized Food List and California Shopping Guide WIC Authorized Foods



CEREALS FOR CHILDREN

CAN BUY

box or bags - 12 oz. package or larger

General Mills

- Cheerios (plain)
- Kix (plain)

Kellogg's

- Corn Flakes (plain)
- Frosted Mini-Wheats (Big Bite or Bite Size)

B&G Foods

- Cream of Wheat (1 Minute, 2-1/2 Minute, 10 Minute)
14 oz. or 28 oz. (1 lb. 12 oz.)

Post

- Honey Bunches of Oats (Honey Roasted)

Quaker

- Life (plain)
- Crunchy Corn Bran

Store Brands

(see list of authorized labels)

- Crisp(y) Rice
- Instant Oatmeal (Regular unflavored, in 11.8 oz. or 12 oz. box of individual serving packets.)

CANNOT BUY ☹

- Individual serving packets, except for store brand Instant Oatmeal
- Packages smaller than 12 oz., except for store brand Instant Oatmeal
- Honey-frosted, cinnamon, or fruit flavored
- Cereals with chocolate, fruit, nuts, or marshmallows fruit flavors
- Brands or labels not specifically listed on WIC Authorized Food List and California Shopping Guide WIC Authorized Foods



STORE BRAND CEREALS

CRISP(Y) RICE

CAN BUY

Crisp(y) Rice box or bags, 12 oz. packages or larger

- Save Mart Supermarket
- Best Yet
- Home & Garden
- Hy Top
- Kroger
- Ralph's
- Safeway
- Stater Brothers
- Vons
- Raley's
- American Fare
- Great Value
- Hospitality
- IGA
- Ralston (Military Commissary)
- Red & White
- Springfield
- Sunny Select
- Western Family
- Flavorite

INSTANT OATMEAL

CAN BUY

Oatmeal — Instant Regular
Store Brand plain, unflavored, in 11.8 oz. or 12 oz. box of individual serving packets

- Save Mart Supermarket
- Hy Top
- Kroger
- Ralph's
- Safeway
- Stater Brothers
- Vons
- Flavorite
- Best Ye
- IGA
- Ralston (Military Commissary)
- Red & White
- Springfield
- Sunny Select
- Western Family

CANNOT BUY ☹

- Individual serving packets, except for store brand Instant Oatmeal
- Packages smaller than 12 oz., except for store brand Instant Oatmeal
- Cereals with chocolate, fruit, fruit flavors, nuts, or marshmallows
- Brands or labels not specifically listed on WIC Authorized Food List and California Shopping Guide WIC Authorized Foods



JUICE

BOTTLED JUICE

CAN BUY— Ready to drink, 64 oz. containers

Store brand/Private label with  on bottle cap.

Apple

- Hansen's

Grape

- Langers
(White Grape & Red Grape)

Pineapple

- Langers

Vegetable

- Store Brand/
Private Label

Blended Fruit

- Hansen's
(Apple Grape & Apple Strawberry)

FROZEN CONCENTRATE

CAN BUY— 11.5 or 12 oz.

Only brands, flavors, types & sizes listed below.

Apple

- Langers

Grape

- Welch's
(Purple Grape & White Grape)

Orange

- Langers

Pineapple

- Old Orchard

CANNOT BUY ☹

- Any other brands, flavors, types, or sizes

WIC AUTHORIZED FOOD LIST California WIC Program

www.wicworks.ca.gov

August 2007



California Supplemental Nutrition Program for
Women, Infants, and Children (WIC)




This institution is an equal opportunity provider.



For the nearest WIC office, call toll free:
1-888-WIC-WORKS (1-888-942-9675)
Developed by the WIC Supplemental Nutrition
ProgramCalifornia Department of Public Health

Arnold Schwarzenegger, Governor, State of California
Kimberly Belshe, Secretary, California Health and Human Services Agency
Dr. Mark Horton, Director, California Department of Public Health

Requirements for participation in the WIC Program are the same for everyone regardless of race, color, national origin, religion, political belief, sex, age, or disability.

<div>Responsibilities of Vendors</div> <ol style="list-style-type: none"> Treat participants with courtesy and respect. Accept only Food Instruments (FI) that are printed payable to “WIC Authorized Vendor.” Help participants to find the correct foods when requested. Participants must buy the full amount of food specified on infant cereal and infant formula FIs. Sell the correct foods specified on the FIs. Cereal choices are different for women and children. Participants must be able to buy the full amount of food specified on the FIs, when they choose to do so. Check the valid issue date printed on each FI and accept them no sooner than the “First Day to Use” and no later than the “Last Day to Use.” Enter the exact purchase price of the food items on each FI before the participant signs at the time of the transaction. Ask to see the WIC Authorization Folder and match the signature on the FI with the signature on the authorization folder. Do not ask for any other form of identification. Do not accept or return cash as part of WIC purchases. Do not give credit, make exchanges, or give “rain checks” on any WIC foods. Complete the “Attempted Voucher Violations” card to report participant violations. Remember: Participants will be looking for the WIC logo decal in the store window and/or the WIC poster to identify which vendors are authorized to sell WIC. 	<div>Responsibilities of Participants</div> <ol style="list-style-type: none"> Be courteous and considerate in the store. Use FIs only at “WIC Authorized Vendor” stores. Buy the correct foods and the correct amount of foods listed on each FI. If needed, ask for help from store personnel to find the correct foods. Buy the full amount of food specified on infant cereal and infant formula FIs. Read cereal FIs carefully. Women and children FIs have different cereal choices. Use FIs starting on the “First Day to Use” date printed on the FIs through the “Last Day to Use” date. Separate WIC foods from the other foods they are buying before reaching the cashier’s checkstand. Tell the cashier right away that they are using FIs. Sign FIs in front of the cashier after the cashier writes the price on the FIs. Participants may not pre-sign FI(s) before shopping at the store. Show WIC Authorization Folder to the store cashier every time they shop for WIC foods. Never return WIC foods for cash, credit, exchange, or “rain check.” Have alternates sign the WIC Authorization Folder before they go to the store to shop. Teach alternates to buy the correct WIC foods and to use FIs correctly. Talk to the store manager if they have a complaint about a store or store clerk. Call their local WIC agency or the State WIC Office if they are still not satisfied. Look for the WIC logo decal in the store window and/or the WIC poster to identify if a store is WIC authorized. 	<div>  <div>INFANT FORMULA</div> </div> <p>CAN BUY — MUST BUY THE FULL AMOUNT OF FORMULA stated on the FI</p> <p>Other formula allowed ONLY if it is printed on the WIC FI. (For example: Nutramigen LIPIL, Similac NeoSure, Enfamil Enfacare LIPIL, Alimentum, PediaSure [vanilla only])</p> <ul style="list-style-type: none"> Enfamil LIPIL with Iron (Powder or Concentrate) 13 fl. oz. liquid concentrate or powder in a 12.9 oz. can Enfamil ProSobee LIPIL (Powder or Concentrate) 13 fl. oz. liquid concentrate or powder in a 12.9 oz. can Enfamil LactoFree LIPIL (Powder or Concentrate) 13 fl. oz. liquid concentrate or powder in a 12.9 oz. can Enfamil Gentlease LIPIL (Powder Only) powder in a 12 oz. can Enfamil A.R. LIPIL (Powder Only) powder in a 12.9 oz. can <p>CANNOT BUY ❌</p> <ul style="list-style-type: none"> Any other brand, type, or size not printed on the front of the FI Low iron infant formula or formula with no iron <p>INFANT CEREAL MUST BUY THE NUMBER OF BOXES OF CEREAL PRINTED ON FI</p> <p>8 oz. boxes, dry pack cereal with iron</p> <p>CAN BUY</p> <p>8 oz. Gerber infant cereal only, may buy any combination of allowed cereals</p> <ul style="list-style-type: none"> Barley Oatmeal Rice Mixed <p>CANNOT BUY ❌</p> <ul style="list-style-type: none"> Infant cereal with added fruit Single serving cups 6 oz. variety packages Any other type or brand of infant cereal 	<div>  <div>MILK</div> </div> <p>CAN BUY — Any brand, single gallons or gallon twin pack</p> <p>For “1 1/2 gallon” FI, must buy one full gallon and one 1/2 gallon.</p> <ul style="list-style-type: none"> Pasteurized fluid cow’s milk <ul style="list-style-type: none"> Nonfat (fat free, skim) 1% Lowfat (light) 2% Reduced fat Whole Lactose free cow’s milk (1/2 gallon) Acidophilus milk (1/2 gallon) Evaporated milk (12 oz. can) Powdered dry milk (9.6 oz. to 25.6 oz. box) <ul style="list-style-type: none"> Nonfat or Lowfat only <p>CANNOT BUY ❌</p> <ul style="list-style-type: none"> Raw (unpasteurized) milk Non-dairy milk substitutes UHT milk (shelf-stable) Quart or pint sizes Evaporated “Filled” milk Sweetened condensed milk Soy beverage (soy milk) Buttermilk Goat’s milk Organic milk Chocolate milk Flavored Milk <p>EGGS</p> <p>CAN BUY — any brand, dozen size carton</p> <p>Grade AA white chicken eggs: small, medium, or large</p> <p>CANNOT BUY ❌</p> <ul style="list-style-type: none"> Other grades of eggs Jumbo or extra large eggs Low cholesterol eggs Powdered or liquid eggs Specialty eggs such as: cage free, stress free, vitamin enriched, organic, or Egglands Best Brown eggs Egg substitutes Ungraded eggs Vitamin enriched 	<div>  <div>CHEESE</div> </div> <p>CAN BUY</p> <p>Any brand, block or round 3/4 pound (12 oz.) or larger Regular, reduced fat, nonfat, or low sodium</p> <ul style="list-style-type: none"> Natural Cheddar (mild, medium, sharp, extra sharp, or white) Jack Mozzarella Process American Domestic cheese ONLY Kosher varieties are OK <p>At the Deli:</p> <ul style="list-style-type: none"> Can get block cheese sliced if no extra charge Can buy cheese from a manufacturer’s pre-sliced block in deli <p>CANNOT BUY ❌</p> <ul style="list-style-type: none"> Marbled cheese Processed cheese food Cream cheese or Parmesan Cheese spreads or cheese products <ul style="list-style-type: none"> Velveeta Cheese with added hot peppers or spices Any other variety of cheese, such as Colby or Muenster Cheese made outside the USA Organic cheese Pre-packaged sliced cheese, individual slices wrapped or not String cheese Diced, grated, or shredded 	<div>  <div>PEANUT BUTTER</div> </div> <p>CAN BUY</p> <p>Any brand, 16 to 18 oz.</p> <ul style="list-style-type: none"> Plain, creamy, chunky, or super chunky styles Honey nut roasted Low sodium Low sugar or natural Any commerical brand Some FIs may allow 12 or 24 oz. jars <p>CANNOT BUY ❌</p> <ul style="list-style-type: none"> Any other size container “Grind your own” Peanut butter spread Organic peanut butter Peanut butter with added jams, jellies, chocolate, or honey Lowfat Reduced fat <p>PEAS, BEANS, or LENTILS</p> <p>CAN BUY — Any brand, any variety, uncooked dried beans, peas, and lentils</p> <ul style="list-style-type: none"> Pre-sealed packaged or in bulk Plain mixed beans, peas, and/or lentils <p>ONLY if printed on WIC FI:</p> <ul style="list-style-type: none"> 14-16 oz. plain canned beans (any variety) Canned baked beans (plain, vegetarian, with pork, with bacon) Canned black-eye peas or chickpeas <p>CANNOT BUY ❌</p> <ul style="list-style-type: none"> Organic beans Green or wax beans Canned green peas Frozen beans, peas, or lentils Canned baked beans with beef or franks Canned refried beans, Cajun style, BarBeQue, or Ranch Style Bean soup mixes with flavoring packets or spices
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